

So tonight one more next week and then the big trip so we have to make just a few arrangements in the nature of an organization but I don't know if we call it that way because it simply will be to take care of a few things tomorrow at one o'clock we will have lunch with the people who go on the trip those who can make it I hope Barry you have advised everybody in time Barry-----yes the only person I didn't reach up to now is Embre who just heard you-----then you get hold of Tom Harris-----Mr. Nyland I contacted him today in Washington -----Washington he is there everyday ever since last week Washington was there yeah yeah not so good but in any case the rest knows right? -----yes-----Embre knows it?-----yes I know it-----oh Embre here? all right that is for the trip then-depletes you a little bit those who are left they will continue I hope with once a week meeting on thursday and I have asked a few people to take care of it among themselves I want four of them who will take care of it it doesn't matter if you know who they are they have a special responsibility for the maintenance of the groups and the level we have to find someone who can run that machine there if we want tapes John and also who can mail the tape out to Berkeley because I would like to know about it same as from Berkeley or Seattle we'll send you some tapes of meetings in general the schedule as you know is the first real stop is Sante Fe and there I hope we will have a meeting and then go on to the west coast and from there on it is anybody's guess how many meetings we will have but in any event we will tell you also the question of how long different people can stay or that some of them may drop out already before we reach Sante Fe we talk about it tomorrow Frank had a conversation with the drivers I think didn't you Frank?-----yeah-----on saturday so that I think is straightened out now regarding the few activities that you are engaged in the care of this

place as far as cleaning is concerned should be continued if there is much use of this it's only once a week probably you have meetings and I don't think it's necessary to be here too often for the library is different and I think Trudy will do her best to do that but it has to be reasonable and if people really want to use it but Trudy lives too far away so it is quite a chore even for her to attend it it is nice enough that she wants to do it but don't misuse it and if there is no use then Trudy shouldn't do it there is no need to sit here for nobody who comes regarding my mail who lives in this neighborhood who could attend to it every other day who is it-----

Mark-----Mark will you do it fine-----Will I need a key to get in-----

you have to have a key yes we will provide you with that-----I'll have to know where to send it -----I will tell you also and anything else that might come up all right good Mark collecting of dues it continues the two kinds one for the monthly payments which as you know I would prefer to have it payed before the next month starts and this is a duty you have as a tuesday group without any question and be helpful as much as you can regarding the monday group because I think it is necessary that they do the same the person who will collect it for you is George Nishimura George Mobile will continue with any fund money that might have to be collected and I will-have be in touch with them to ask them to send money if we need it which is of course quite possible there will be quite an expense collected with this and we will talk about that more in detail tomorrow but it is something that all of you must know that the reason for the trip is not only pleasure it is for those of course who can do it and some way or other have been able to arrange their time but the main purpose is to have contact with each other and to be able to work

together and even on the trip that we start to learn a little bit more about each other's manifestations in conditions which of course are so entirely different from sitting in a room and the possibility of stepping on each other's toes or whatever might happen on the trip like that certainly will be helpfull for each person to know to find out what they really are, movements of course will stop until Ruthy and Peter come back and nobody knows when that will be I myself will be back I hope at the end of May and you will know at that time how we will have other schedule of meetings again soon as I come back here I think that's as far as ordinary business is concerned you will concentrate on doing what we can this week including Boston saturday the finishing touches for that which is necessary to be done here but since John will also be gone there may be some people who still want to work on saturday it's quite right they can but then there has to be someone who's responsible and I would like to know who wants to take that responsibility some of those who work here usually on saturday will be gone the cleaning will have to be taken care of Rhoda you have to if you don't go if you go away you have to take care of that all right who can do it, more responsibility on those who stay in general Work of course should be the only thing you should be interested in and for that reason I've said some time ago a few weeks ago if there is anything you want to talk about regarding Work that you're not clear about meaning of certain words definitions and so forth or that in your tasks or in attempts you've made run up against certain difficulties and obstacles you cannot remove let's talk about it now so that it's clear so there is no excuse of not knowing and when you do know among

yourselves and you have even written it up that very little time should be spent in arguing and that most of the time when you do get together you can talk about your own experiences of Work, Work applied, Work put to practice, not Work thought about and not Work felt and no generalities in detail if you wish whenever you say I've made an attempt it is not enough but you describe what you have been doing where how how do you Work what happens why do you stop what came in between why you started to think about it what was it and again you made as an attempt to wake up that is the description it is necessary for a group who works together and that has to be quite well understood because don't lose yourself in theoretical questions you can salt them away until some other time or you can read up if you wish but let the emphasis be on Work and even if it's only for one half hour that you can do that it's enough go home don't keep on repeating it's no use making a tape full , half a tape is better than a full tape with nonsense if the half tape actually has something on it then it is worth while for that reason I will send tapes back from Berkeley meetings there you can play them if there is a scarcity of material on your part if you don't know what it is Work means for you or that you have nothing to contribute you can play a tape it will establish a level for you and then maybe that might lead to discussion or a further clarification from you side but in any event it will have a chance then for you to be reminded what Work means because the different tapes that are now in existence particularly of the last three or four months they probably are worth while to listen to again and also I am quite certain that in each tape there is something that will remind you of Work , regarding music there is no music this friday and there will be music however of a different kind by Lotus and George playing some of the records or

whatever they wish to do and you know their house is open for those who wish to come does that clarify everything that you have to talk about regarding, -yeah? -----How will it be with the tapes, Mr. Nyland will they be available?-----the tapes will be available but I have to be quite sure that they are sufficiently accounted for that also whatever is done on tapes as for instance transcribing it has to be done a little bit more accurately, Judith here? yeah, Judith I looked over the list and made a little bit of a tabulation some tapes are out much too long don't take a tape out unless you can do that kind of work within one or two weeks no longer than two weeks if you haven't done it in two weeks bring the tape back Judith will be on the trip so someone else will have to take charge of that, Judith and then we have to collect you see I'd hoped that I would be able to take several transcriptions with me over the last sixty which is from the eleven hundred series on up I can only take ten it is not really many I hoped that I could take at least thirty I need them we are working very hard on an index on such tapes in order to decide what are the subjects that will be useful to me and data of course to others also but in this case when I want to write that I know when we have talked about certain subjects in order to refresh my memory I need that for Fire Fly I want to write on Firefly during the mornings at the time that we are away and thank God there won't be a telephone the telephone this morning was just terrible but probably in another surrounding and, hugh, you might say more than an unlisted number because I won't have any telephone at all that it will be much better for me at least on the transcriptions I think we will talk a little bit more there are several tapes out-standing anyone who has one tape that is enough don't take two or three and return within a reasonable time and many

more should really settle a few I am absolutely certain could transcribe and the advantage that you can have from transcriptions for yourself you don't know until you start doing it and even if it is stop go stop go with a recorder that you have to borrow and that you sit up late at night and do it every once in awhile pay attention a little bit to that kind of an activity which will help you it will stimulate you for your own work you will be reminded constantly exactly because it is difficult that it is worthwhile to do it if you want to be inventive and have a little foot peddle for stopping and going like Andy has done in seattle try to find out from some electronic engineer how you can regulate the machine at a distance you know remote control and then you can continue to write as it goes on and stop with your foot all these things try to be a little bit more inventive to do the thing if you want to do it but as it is at the present time the burden of the transcriptions has fallen entirely on Judith and it is not fair many of you women are absolutely capable of doing something of that kind and don't tell me that you don't have the time for it you can make the time and lots of us make time for certain things when they have to be done it is one of the things that if you profess and I'm talking to tuesday you know there is a commitment if you profess that you are interested in Work and particularly Work on yourself here is a chance really to Work on yourself and to get something for it almost immediate has an effect on you so we will have to organize that whatever can be done during the time I'm away tapes will be available someone will be designated by me who is responsible for that and the cards and different, different records have to be kept up to date also the care for the tapes naturally the mailing also the receiving it has to be recorded all of that will have to be done by someone who has enough intelligence to know how to do it so we don't mix, mess different things up so Judith we'll talk about that, Music tapes only available to Lotus and George

so we make a few organ records I think that might be helpful and during the time that I'm away work on that can be done and by the time I get back maybe we can have one or two of those records, now what questions this is nothing but a few statements what questions now? yes? (david)

-----Mr Nyland two weeks ago you spoke to us about judging and it's relationship to mechanical life you asked us to select ten people in one day practice not judging and not criticizing for a few days I didn't select ten but just at random try but there was one day a Friday in the morning I made a list I made a list of nine people I couldn't think of the tenth and a later on in the day there was an opportunity to add a tenth and that was a very good day I, I, understand a little judging now as I never have before I know that I have a tendency to be critical criticize It's one of my bad tendencies but I never realized how fast asleep I am with this I would catch myself while talking to a person or just or just watching people and being critical and judging them and suddenly it would wake me up out of a very deep sleep and would be like a breath of fresh air I would see the person as I've never seen the person before and I, I see that something will happen ordinarily something will happen where a person is talking maybe not even talking to me and something is going on in me resentment as if it is directed against me and when I am aware of this I'm apart from this and I can really see people ugh for the first time there were a number of very good opportunities like I would be going out pretty much on the weekends to work in a hotel or we have a waiter there who I've been very critical of and it's I see the man as another person I see him as a human being and I can talk with him and have a relationship with him where I couldn't before and total strangers on the subway I'll see someone and make the way they dress or the way they dressed or the way they act I resent this I suddenly catch this and I'm awake where as before I was totally asleep and I see that I don't have to like I say

it's like fresh air I would like to continue this ugh I see it happening almost everywhere and with everybody one thing I am not clear about is sometimes there are a border line like where I'm judgeing and criticizing then there is certain resentment like going into an elevator and people are coming out and they start heading in one direction and I'll try to go around them and then they'll direct change their mind and go the other way cross my path I criticize them and am taking it as a very personal thing as if it was directed against me I'll catch myself in this situation and feel all the tightness in my muscles taughtness, these things have been going on for two weeks----- This of course is the important thing whenever you discover that kind of a tendency and you start acting on it or it is a certain reaction this of course logically you have and it is already predetermined unless it is helped that then something takes place in yourself and behavior of your body usually tendencies of muscles to tighten up or to say certain things under your breath or to swear or whatever it is that is an expression on your face and these are the things that one has to realize that one is subject all the time and that one is filled with prejudices without any rhyme or reason you can explain them and very often they have a very good reason of existence in the past but absolutely not in the present and one is all the time triggered off in that direction because by memory or by by something that happen to strike you as something that you then remember as belonging to something else that immediately you associate it with some form of prejudice if you could understand people on in on that basis that whatever they do that they are mechanical that they cannot help doing what theyq are that they are unconscious and the realization that they are reacting and acting acted on and because of that their behavior is exactly the way it has to be and it couldn't be different then of ee

course you wouldn't mind it so much because then that kind of an under-
 -standing will lead to a certain form of curiosity you could also
 you might say predict it that you know a person has to behave like
 that if you know enough about him then you will see that he will react
 in that way and it will be quite a satisfaction a satisfaction to
 yourself to know what is taking place but in order to extract value
 out of this for yourself we have to see how you react to it and then
 what is your state and the state in which you are you accept for whatever
 it is because it is exactly that which determines your mechanicality
 and that will give you the freedom because the chance to wake up has
 to be translated into objectivity towards that which you are and you
 simply use the other persons to help to help to be woken up but it
 cannot be just for a moment you have to stay with it much longer
 because you will be in contact with such people you see this will be
 the help -----I found it to be a little quieter inwardly quieter instead
 of something churning -----you will start to consider and you will
 start also to think about it-----yes-----and you will be called up
 short sometimes but you see this is the danger that you pursue it now
 in the direction of ordinary life-----oh,uh,huh-----you see that's why
 I say the awakened part has to continue it is not just to be awakened
 up for one moment and let it go and for the rest you can express sur-
 -prise with the ordinary mind or even not saying what you feel-----yes--
 ----- but you see-----yes-----you see it gives you facts or certain
 data about other people but actually experience for yourself that
 they are mechanical and you are will help you to maintain your
 awakened state-----I've seen my sleep more than I have with this because
 I'll suddenly catch myself in deep sleep and just catching myself
 judging someone else wakes me up-----but immediatly after that you
 will continue not perhaps judgeing but you will continue to explain it
 -----I see-----explanation is an ordinary mental process you will

rationalize it also you will explain it in such a way that that have to
 be what you thought it was and you are again discussing it with yourself
 -----and stay with the observation?-----stay with yourself stay in the
 state in which you are and try to understand that what takes place in
 the way of objectivity that in the acceptance of yourself as it is not
 even being surprised that you are surprised-----transfere it to myself-----
 -----yes immediately not to allow it to go in the direction of judgement
 or even discription of the other people-----my own observation-----it has
 to lead to work-----yes-----otherwise it's useless-----yes-----but when
 you make ti or translate it in terms of Work it can be quite usefull
 because that what happens on the outside is the constant reason why you
 want to wake up-----yes-----you know-----yes Sir-----it is that related
 to create of wanting to judge or at least to see that that is maintained as
 long as that ~~4w-5a343~~ is there you have a chance to remain awake
 particularly an elevator or a waiter you see it is not to be kind to
 him it is to understand him-----yes,yes-----and when you understand him
 then you can say whatever you like -----yes I perceive now things just
 past taking place I see now things taking place as personality traits
 or characteristics of the person that as you said they can't help it
 that's the way they are and it registers as-----don't include yourself
 in it don't go over to description of how you know that personality has
 to be like this as soon as you start saying that person is mechanical
 you are already asleep-----yeah-----you seethat's where you might start
 to take over and your're you might say in the right direction but you
 are a little bit off course-----yes-----a little bit because you are g
 going over into the parallel line having to do with the same thing and
 coming from the same source and still that the end is not the same-----
 ----I see-----let's say it this way you are on the road to reach
 conclusions starting out from the same event which can be noticed by
 ordinary mind and also can be made aware to your "I" and because the

beginning and the end is the same you start mixing up the different roads that's why you have to be so careful you see the conclusions reached are the same by means of the observation in the Gurdjieffian sense and by means of an ordinary mental process ----- it's process first?----- mental process is simply the thought and the feeling try to separate the two lines and keep them separate the two lines are as it were not entirely parallel they are bound together at the beginning and bound together at the end but you have to open them up a little bit this is the conscious one and this is the unconscious one one is all the time this overflow from one to the other if you let it you see what I mean -----yeah aah----- no it is in your mind allowing the process to take place in the special part of your mind which is objective and not allowing it to take place in the other part -----

----- yeah----- or if it takes place in the other part it is very small compared to your attempts to be awake and it depends entirely on your actually being awake and to experience different relationships as they go on in whatever time length there may be you cannot help your ordinary mind also being alert you have to make that what is objective aware both can be there the emphasis if you can should be on the awareness not on the alertness ----- I'll try-----all right,yes dear(Terry) I have a question about something I've been doing and I've been getting ugh and I've been getting wrong results and I think I must be doing something wrong and I feel badly about having asked about it ugh like sometimes at night before I go to sleep when I am in bed and I look at myself and I try to relax and be aware of myself and ugh sometimes when I -----Can you bend over a little bit David that's better -----sometimes when I do this the observation that I have on myself ugh my body is not like the observation I would have when like when I try during the day in some activity and maybe ugh well it's hard to describe but it is though the perspective of the observer is wrong ugh as though sometimes my body were on a slant like this and the observer was

like underneath the pillow and ugh the porportion of the body is all wrong and then it would tip the other way and it's like ugh it's like the observer being part of the mind is dizzy all though my body isn't dizzy and ugh I feel sure that this is wrong and at the same time it ugh I don't no what I don't I don't ugh I can't discern that my effort is different that the effort --- ----- no the effort is the same the object is different and that is why you have different porportions of that what your awareness is regarding the object the object is too quiet when the body is lying down nothing is really happening and after you have the telescope adjusted and you see then you might say the shape of the body and nothing happens any further "I" tends to leave because there is no interest then the ordinary mind takes over and gets a little bit hallucinatory-----oh----- that is why if you move parts of your body turn around move your legs up and down move your hands and so forth you can immediately restore the ordinary observation process and you can prevent very well this idea that the "I" is under the pillow it isn't--- -----yes----- and you know it well enough ----- yes ----- you see-----yes--- -----but you have to have a dynamic quality in the activity that is why it is better to be active and then observe instead of standing still and then observe if one is interested in maintenance of an awareness by being awake the awakening requires an activity to retain awake to remain awake to retain it's activity as awareness so the object must always be in a moving way somehow or other manifesting -----and what about the internal processes of the body that are going on this doesn't constitute sufficient movement? like blood----- no no you could of course if you were able to be aware of the inner processes but that takes a long time -----yeah yeah but I mean that in it self is not mass----- it is not enough it is not enough because it is contained within a certain frame and that frame also I might also use the word becomes monotonous you see for instance one becomes aware of ones blood circulation what is it that one is aware of at most a certain

current of blood flowing it is always the same and even the pulse if one is aware of the pulse is always the same in a certain rythm there is not enough change there I would almost say to make "I" interested you see "I" has a quality that it wants to see that what is taking place correctly but it also has a quality of wanting to see that that what is taking place is actually moving or doing something or is alive "I" is not interested in dead bodies an "I" has to be fed in the beginning by movements that are quite discernable and when they are small movements they are not enough to keep "I" interested if "I" were grown up and more sensitive then the object can be smaller ----

-----I see-----and also the movements can be smaller and then it is possible even to discern rates of vibrations you see which naturally from the same standpoint monotonous but since they are staying on the same place so there is movement and in that movement something else is produced which when "I" when it is fully developed can then become aware of, no you just take your body in hand as it were you turn it around you bend on your back on front you move your knees up or down so forth even if you move your hands with the fingers and the fist once in a while very soon you will have regained again the ordinary sinse of being awake and you will not be bothered by the other things all right you see it's sometimes very very bad for any still---

-----yes-----immediately one starts to dream-----umm-----but realy while shoveling snow we have a chance because there is all the time change and that changing makes the "I" more alert and the result is an awareness of the body -----Mr.Nyland I was wondering may I also ask for a task-----

ha ha yeah -----its been a very long time since I asked for a task-----

----tell me are you teaching-----very little-----not enough what do you do most during the day-----music in one way or the other----you write----

---yeah-----perform practice-----practice listen study and then I spend a lot of time in housework -----In your housework try what is most monotonous in the housework something that you have done thousand of times already

in the housework and where you can do it without really looking at it bring it into focus and do it in a different rhythm it doesn't matter what it is making a bed maybe washing dishes in certain ways or even cooking or standing attending to things in the kitchen that you know so well how to reach for the pepper and where is the salt -----um humm----- that you make it a point for you to be present to that so that it actually comes to your notice you take it out of that habitual realm of life you bring it back to your consciousness and then with this as the movement now is progressing in accordance with the plan that you're doing whatever it is cooking that then I say to be present to it that is as if something is guiding it and as if "I" is participating in the movement it's a very good it's a very good task when you walk up the stairs as if an "I" is moving your legs sometimes you can do it by having your two hands move your legs up as you move from one step on the stairs to another take hold of it you move it like that this is the movement that "I" should do imagine to do as if it is present to it participates and becomes part of your legs this is the return of "I" to "IT" and as a task it is excellent because you see how soon that particular task goes over into the thought, its very difficult to maintain a task in participation but if it is successful it's much more useful than any other kind of a task you understand what I mean-----thank you very much-----all right,yeah----- (Dan) ugh I had a task three weeks ago to go up the stairs to my apt. two steps at a time and back-----oh yes you were the one I asked that yesterday of eh it was you then-----thats right and then after I moved it was to walk across the apt two steps forward one step back and ugh the task was valuable to me in I don't know how what it would be hard to tell you how many ways I think there are aspects in particular of the walking across the apt that would be valuable to other people I found that I could work when personal things were difficult for me

ugh it -----were they thoughts? feelings? or other people or worries?---
 -----when I was worried and preoccupied I could shut that off I no longer
 had that as an excuse-----wait a minute how did you shut it off-----ugh
 if a thought came to me or a feeling concerning my personal life while I
 was doing the task I would stop relax-----no Dan life continues it does
 not stop and then you try to work you work in life the personality continues
 it continues even to worry you should not attempt to stop it if possible
 you can reduce it a little and in that way you pay attention to it but "I"
 can be very much aware of you being in a worried state if you stop it you
 change yours self and you take your self out of ordinary life so you're
 really not awake to your self you are awake to something else that you have
 made which may be sometimes useful but it is not right-----for example
 in going upstairs it seemed the door of the apt for example created a
 certain train of thought and feelings----- "I" has to be there watching
 you -----again there has to be attention to my body?while that's feelings---
 -----no are you awake or aware of your body moving up the stairs and this
 body has thoughts and feelings but it is not important even to see the feelings
 and the thoughts if they are expressed in the manifestations of the body
 and the "I" becomes aware of the existence of your body doing whatever it
 is doing that if you stop doing physically the "I" again has nothing to
 observe or what it observes is not really you -----And what if my body is
 not very responsive to expressing feelings-----Oh I think that's a matter
 of learning it really I think you can learn that very well if you feel that
 you have the feelings if you know you have the feelings it's just a matter
 of a little dexterity and you can do that by yourself because when you don't
 do it you probably are afraid that someone else will dislike you or criticize
 you for it when you are all by yourself and you can behave any way you like and
 and you can have a certain feeling particularly if it is an enemy and you
 want to express let's say your disdain and do it in no uncertain terms its

very often done and then hear yourself why wouldn't you be able to express it if the feelings are there I can understand a person having limited feelings but if the feelings are there the body is not that lazy as a matter of fact I think you that you only will know your feelings because of the manifestations of your body and that's another question the question here is when you walk up and down in the room and there is nothing to worry about and just walking it's very easy to be present to that what walks but if that what walks is now engaged in an argument than of course it requires energy and the presence of argument is not conducive to the existence of "I" and then the "I" disappears now I hope to do it therefore I try to stop any manifestation of my physical body in order to give a chance for to give a chance to "I" to exist when I do that I go over into the other line but the problem is that I can maintain myself in between the lines and keep both going because if I can't divide myself in sending energy in one and another direction I cannot remain the neutralizer between the two but if I'm in one then I am not in the other if I'm in the other I'm not in one and I'm only partially in existence my consciousness and my conscience needs a certain soil in which that what I try to sow as a seed has to grow but if I stop it there is no possibility even of a germination don't be misled by this so called stopping process of thoughts or non expression of negative emotions and all the rest it's quite wrong because it produces an abnormal person a person as he is in life that is the person to be awake to in a variety of conditions in ordinary life not specially prepared for the sake of being observed by "I" in the first place "I" has no interest and in the second place it is utterly useless because too much energy goes into the desire to stop my ordinary manifestations and there is nothing left for the observation process what is that what I'm talking about it is the division of energy under the direction of something that is interested in the maintenance of both it is as if at this particular point Mother Nature and Great Nature meet

and the meeting point is the place where my magnetic center is this magnetic center wishes freedom but it realizes that the freedom has to be from something that is now my unconscious state and that only by means of a conscious state and preparing and making it grow that I will be able to leave the unconscious state so I have to keep on feeding both so that the conscious state can use from the unconscious state as much as possible and gradually eliminate that when the conscious state has grown up sufficiently to take over so for the time being both are necessary and "I" is the point or you might say the moving entity in between the lines being in contact with both through whom the forces will flow in one direction or the other and then meeting in that what is "I" that will make "I" grow as a neutralizer between the forces I hope I don't make it too difficult -----

-----maybe I can ask a question which will indicate whether I have understood what you are saying I had a taste now so that I know something that when I ugh am I something of what a moment of awareness is so I judge to an extent whether I'm thinking or observing so question is is what your telling me is that I should work much more for an example when I'm with other people ----- no it all depends how much energy has to go in that direction how much energy is available for the wish to work how much energy attention force has to go in the maintenance of your ordinary life if that now includes meeting people there is a great deal that has to go on in your mind ordinary mind and in your feeling and probably how you behave as far as physical appearance is concerned there is a limit of the total quantity of energy available for each person naturally dependent on how much has been taken in how much has been digested and of what kind of quality the material is that you now consider your own energy this is augmented by a wish within oneself as expressed by magnetic center to become free and that can be a tremendous force if this magnetic center realizes it is in prison and that something has to be done about it it will create such a wish that it will

help many things that are going in that direction simply I would almost say as a momentum which is set up by this wish to be free the wish to be free for man is whenever he realizes of course that he is bound so the intensity with which he wishes to be free depends on how much he knows he is bound or he feels that he is prevented from that freedom ultimately it depends on the degree of his aliveness the more aliveness that is the further away from a dead state the better it is for a man to use whatever energy there is for different purposes but again the same problem exists that when he is very much alive he will want to continue with his aliveness in the way he is familiar and sometimes it is difficult to divert energy in the direction of wanting to wake up but the equilibrium between the two determines how much can go in one direction and how much must go in the other direction and therefore when I want to work on myself I have to consider the condition in which I am and the condition in which I happen to live if both are conducive that is if there are not too many obstacles around me and which involve me and which require of course on my part energy to flow out that is identification and if the state in which I am is healthy and not too involved because of worries or thoughts or feelings which require a great deal of intensive effort (I don't want to use the effort) intensive energy for the maintenance of that you see it is better then dividing between one direction and the other how much can go in one direction and how much in the other this determination is made by magnetic center that is that kind of a wish which at a certain time will neglect my ordinary existence and reduce it to a minimum in order to have more energy for the purpose of wanting to wake up and for that reason you never must stop that form of personality this you temporarily simply living somewhere else you have to live in both places at the same time but you live in between them you understand that picture?-----perhaps not the right

way yet thinking of the situation-----objectivity is like a tree---
 -----a what please?-----a tree a tree which has to grow in unconscious
 life that is where the roots are the tree is above the line where it
 starts to grow as a little seedling which at times has to be protected
 but the trunk is going to be in the conscious area the final result is
 for the tree or flowers is fruit to be produced by means of a growing
 process I simply call evolution from the seeds to that what is the final
 end of the seed in it's own life time the roots take from the soil
 which is my body mostly as earth the food that is necessary not only
 for the maintenance but for the further growing process of either the
 plant or the tree and ultimately for the food which will produce the
 fruit of the tree or the flower now this root system is important for
 me because in the first place this is a means by which this form of
 energy can reach that which is the conscious area where it will be
 consumed for the purpose of being awake and in the second place it
 will have to give me solidity in that what is earth and it has to be
 based on the perfect understanding of that what is the condition of
 the soil when I know the soil to be whatever it is as is the behavior
 forms of my body because the soil is earth for me and earth for me is
 my physical body the roots now are attached to certain parts of the
 body and will give it strength and also it will be a means of diverting
 energies which are there to the growing of the trunks and whatever may
 be the fruit in the process of growing this form of energy coming from
 the lower regions or lower levels of being of an unconscious state
 when it reaches finally the trunk of the tree and is then growing up
 it will meet conditions that are created in an objective sense by means
 of the leaves now being exposed to Sun light and the creation then
 between the two will be (or rather the meeting of them?) will create
 a certain form of energy which is useful for the formation of fruit
 and then when the whole process is one process and it cannot be taken

apart because otherwise the tree will die or it will not derive enough food from the soil and surely not from the air or from sunshine it depends now what the root system is going to be and in this respect different people differ and some have a long root that is like a carrot and others have a root system that spreads all over the place and it is almost subterranean for length and tremendous system of roots it is a question of how is a person affected by the possibility of Work on himself and how much is he rooted in his own and where will he start to try to change it and that is why Work as such as applied by different people is different because one body will allow a carrot system and another body will allow a different kind of root system like a lichen or whatever it may be a very involved thin root system which holds all at all points of the body that is it will be effecting all my manifestations mostly as habits it will never stop it will be as complete as my blood system as I say it depends on the type of the person the type of the personality what kind of a root system will grow both are required for that what is strength the way it grows will determine how much of the tree will grow and in what direction they will be different kind of trees dependent on the different root systems that what is like a carrot goes immediately to the center of things immediately it is it is a feeling person in which intuition counts the root system that is spread on the periphery is a mental one and between the two there are different types of roots and also different types of plants or trees above it and the appearance of that what man is in a conscious state is determined on the effects the roots had on him in his unconscious state only much later when there is fruit a man will be free from that whole system and the fruit will be the continuation of this kind of a germ this time you might say partly in the form of a newer generation or partly in the possibility of a reincarnation well I just wanted to say this to give it a little depth to your life

keep to the simple form that it is necessary to live an ordinary life and only by paying the duty the debt to Mother Nature that you will be able to cross the border which is the surface of the soil where the tree starts to take in sunshine and air where Great Nature can start---

-----I hate being dense but this still leaves me confused now about how and when I should be working in the morning like I do now-----

-----you want a little program? at eight fifteen you get up? at eight sixteen you put on your sock? at eight seventeen you tie up your shoes? at eight twenty-one you go to the bath room? Dan, what is the difference? you wake up in the morning there is your body there is your laboratory start at any place where ever but wake up what is the difference where you start as long as you start almost I would say what is the difference when you start as long as you start don't lose yourself in trying to describe conditions you try if it doesn't work try another time of that doesn't work stand on your head and try you have to be inventive you can walk up and down the room why should you have a little program to be followed why should you wait until eight twenty before you want to wake up when you have the thought of being awake or wishing to be awake wake up then the thought is good enough because you are unconscious and you are unconscious all the time and whenever you happen to think about the unconscious state that is the time not later and of course not before because you didn't think about it it's not necessary to outline things the whole day goes by thousand and thousands of moments opportunities galore what's the difference for me which moment I take I wish to wake up now so I wake up and I hope it lasts and I don't stand and think and meditate and wait for the right moment the moment is now the acceptable time is now put a little piece of paper somewhere and say now on it every once in awhile you stand in front of it and you say now and you yell it and then you go and hum it now now now now now like a rosary you will wake up Dan if you want don't try to analyze it

before that you find out after you work what particular chart will be most helpful not before don't regulate it it's new country you don't know anything about it it's just adventure adventure to open your eyes to see what is there when you see it maybe you can have sense enough to create again and again conditions that will be helpful is that practical now? Are you still too dense? All right Dan wake up now O.K.? Now now other questions yeah-----I have a question I don't really know how to formulate it too well I've been thinking about the right way to say it and I still haven't come up with it so it has to do with channel and whether such an idea is really part of working if it helps intensify realization of myself and -----what is the channeling for? -----will I can't really describe too much what is channeled except that when it flows it is I would say simply a higher emotional state of a higher state-----What flows? are you a channel through which the higher energy flows? -----well I don't know-----well-----I mean I believe I I believe that there are states that I get into and I have been experimenting with how to get into those states in which another part of my psyche or mind operates it's not the ordinary-----shall we settle on a little higher quality of emotion like light what is a little bit higher because it is usually higher than the rest of us ----- --yeah I'll settle -----Good but it's not consciousness Barry----- ----- well when it is present my intensity of Work is increased--- -----yeah that may be I don't know that the intensity of Work is actually Work-----I have to rely on what I've now come to know for myself is Work-----So then if you say I have been Working because the intensity has been increased what is the result as far as your emotion is concerned-----It's not that I say now I am Working because the intensity is increased it is -----How do you know then that you are awake and if you are awake what happens to your emotions don't you see that you are really begging the question because if the emotion is there

is there and is so intense or is of a higher quality you are completely
 identified with it you cannot say that you are awake-----it's not
 that kind of It's not that kind of mechanics-----Yes it is yes it is
 otherwise you wouldn't consider it a higher quality of emotions----
 -----that was a term we agreed on I don't know-----Oh I can agree
 on it that it can produce a wish to Work but when I want to Work and
 am actually Working that what is my emotional state high or low has
 become nothing it is not-----you see the whole thing is that it is
 not emotion I mean I use the word emotion because well it is a word
 we just talked about but it isn't emotional in a sense we now mean
 feeling or emotion I mean I'M not at all decided if it is emotion---
 -----Well call it the mind it's all right-----call it the what---
 -----the mind or a thought-----no it's colder I mean it's colder
 than hot feelings-----O.K.-----It's more of like a detached-----
 -----The same thing applies to the mind one becomes identified with
 the thought you determine it as such-----these descriptions are are--
 -----No Barry lets get down to brass tacks-----I'm trying-----
 -----We're talking about attempts at Working in which you have had
 this experience of being awake as a result of having an emotion or
 a thought of a higher quality isn't that it? when you have a thought
 of a higher quality you call it higher because it's unusual and it
 will go in the direction of His Endlessness and you will become a
 channel through which it flows this will make you you see to wake up or
 Work better and I question the question the statement of Work because
 if that were Work the higher thought would not exist-----that doesn't
 constitute the state I mean that's not an accurate description----
 -----Then you describe it-----the best way I can describe it is I
 am in a function and I am sitting or standing or moving or whatever
 it is that I am manifesting or doing and there is a clarity about what
 I am doing and the relationship I am in and what is happening and that

the clarity or whatever is manifesting from me is of a different nature than I normally am at but that this is not effecting my attempts at working on myself as I understand it and my question is does it is it useable in trying to work up a dexterity of try to open up this channel-----no I think it is exactly not usable because it means more identification and it would make it much much more difficult to be awake I think it is an ordinary form of ordinary unconscious states in which of course there are different levels of being all unconscious and some a little bit closer to the possibility of going over into consciousness but never the less not going over the difference between an unconscious and a conscious state is that something new has to enter in the form of objectivity or in the form of I sometimes call a quanta which simply means that there is a separation between the two that cannot be over-bridged by the ordinary processes of evolution and this I take for myself a stand that subjectivity never in it's most perfected form will become objective it just isn't in it because objectivity is the negation of subjectivity so the improvement of subjectivity will never become objective if I have in my ordinary life higher thoughts and feelings and beautiful and all that it will never make me conscious-----yeah but that's if they stay inside the head I mean work does not mean being in the head or feelings-----the question is when you work there is an "I" who is not interested in the beautiful feelings or thoughts you have -----right-----yeah so if you then work everything should disappear there is no question of a channel anymore -----in other words what you are saying to me now is the whole concept of channeling is merely just a thought ----no I don't say that at all I only say it because you said that it led to work-----no no see I'm not saying that and you keep wanting me to say that I'm not saying that this channeling whatever it is which I don't fully understand because it is something new I'm playing with it doesn't aid me in work I mean it's not that I use it to work and I am still working as I

understand work whether I'm there or not there-----You want an answer
 to the question if it is useful for you?-----well it has been I want to
 know if I should continue-----You said a little while ago it is not aiding
 you now you say it has been-----no no there it is-----what?-----
 -----whatever it-----ha ha ha ha the highest forms of feelings or thoughts--
 -----whatever it is I mean I don't know how to use words about it there
 is a clarity in which I speak from my activities are clearer in-which-to me
 my relations everything has a clearness about it it doesn't usually have
 there is a force behind what I say-----an exceptional state of unconsciousne
 -ness -----I beg your pardon?-----an exceptional state of unconsciousness
 -----an exceptional state of unconsciousness-----will it help you to
 know that will lead to what consciousness?-----well I would like to know
 if if if if thinking if there is any direction or any relationship between
 what I now call channeling and a higher state-----no as a matter of fact
 it is objectionable for the simple reason that it requires identification
 energy and it takes it away from possible efforts() there are
 channels of course through which certain forms from a higher level can flow
 towards earth as quite possible that the person in a certain state is that
 kind of a channel but he has to be quite objective so that nothing would
 stick to the channel and become subjective-----oh it it doesn't stick to
 me or rather I don't stick to it whatever it is I've been familiar enough
 that it just comes and goes-----no Barry you still thinking the wrong way
 I'm sorry you still go back to the nice kind of a feelings which you have had
 and I'm not judging about them I think they were quite all right for a little
 while but try to get rid of them now cause the quality of work as objectivity
 requires is different fundamentally different from any form of subjectivity
 high or low it is a change over from a state of unconsciousness to conscious-
 -ness in which something entirely different has to be introduced and the
 difference is the negation of subjectivity to become objective that is why
 I say it is a quanta it is a mutation from one species to another it doesn't

mean even it's permanent but there's a chance that that form of evolution can then take place by means of a mutation and not gradual you still more less believing that the gradual change and evolution will finally give you the kingdom of heaven and it won't there are different ranges different levels of being which can only grow from can only go from one to another by the aid of something else that is introduced at that point there is a difference between do, re, mi, and sol, la, si, by means of fa, which is one and a half and the difference going from one to the other is simply they are not equal if I take do, re, mi, it is equal for me and when "do" has been said re will follow and mi will follow logically as a triad and it will become a triad and perhaps one in the unification of that and then be fit for the possibility for going across the fa bridge to the sol, la, si, evolution in the ordinary sense as we know it and that is why we make the mistake we are not familiar with two kinds of evolution one is ordinary evolution in accordance with the Darwinian theory that is what is now a species which gradually grows out from an ordinary one cell into two sometimes building a plant sometimes building an animal sometimes building a man and that the development is a logical one evolutionarily speaking on earth that that what has been started as one cell or on center can go over under certain favorable conditions into a two celled human being, I say human being, or in a three celled human being the two cell human being usually are animals or even monkeys and that Darwin was quite right in that form of evolution because a man could gradually evolve out of the possibility of any kind of an amoeba cell starting at a certain point and the whole animal kingdom can be explained as a result of something as a form of life starting in a very simple way ending up a most complicated computer brain and that is the end of that evolution and nothing happens after that unless by some strange kind of combination of circumstances that what is now evolution in a Darwinian sense becomes mutation in the sense of Hugo De Vries that is the man who over-bridged the fa for botanical science and started to show that

also in nature certain conditions could exist which I say are by accident and which many times cannot even be traced but in any event one has to go by their effect as a result of new data appearing on a different level still subject in this botanical sense to the laws of Mother Nature to the laws of ordinary relationships of the atom it is different because there are around the nucleus certain circles which by means whenever they are filled by the electrons have to go over into a new one and the difference there is a quanta of electricity a form of energy which is needed to over-bridge it to go to the next one but the further one goes away from a cell originally as hydrogen and the more complicated an atom becomes the more unstable it will be and there is a point where they become radioactive and they must lose their electrons because they cannot be bound anymore by the

center it is that what is then out-weighing what is the force of the center of attraction with that what is now the motivating force of the electrons going around the nucleus and they at times have to fly off this happens also in nature when it happens to fly off it becomes conscious any human being who flies off the ordinary do, re, mi, of his evolutionary state will become a conscious man and he flies off when he understands the do, re, mi, of his development and when at certain times this particular creature has such desire that he wants to go on a tangent instead of staying within the circle of his performance this is where the strange blackness of a sheep comes in the sheep when it is black is living on a tangent ready to get off out of the periphery at any time when the conditions and circumstances are conducive enough and when he himself has enough desire you might say to dare to get out it's interesting to see that the evolutionary process we assume to be exactly like the do, re, mi, logically following one step after the other and that the mutation process is that what is taking place between consciousness and unconsciousness or rather going from the unconscious state into the conscious one that the introduction of that what I call a quanta is

that what is the concept of objectivity and that being defined as a negation because I leave that what I now am living in , I leave it when it has out-lived it's usefulness and it becomes for me a stepping stone and in that stepping-stone going up I push that where I come from into negativity because my direction is positive towards the Sun It's very interesting it's exactly the same as when one walks I push my body but I push the earth away from me this takes place in my foot -----that's standing on the past-----yes ultimate it is that so I think you have to be very careful in trying to distinguish what is still old hat for you it is hanging on the old process of believing that that what I if I only could continue to remain a good man and kind and that ultimately then I would reach the kingdom of heaven or have the realization of that what is within me God cannot do it not that way He will only do it when man in his concentration of his wish uses all his energy for the development of whatever is available for him and if time will allow him to come to that development such a man becomes hundred percent obyvatel in one particular issue of his knowledge of an artisan or dexterity only in one little direction this is what God and also Mother Nature will allow him because he is then put outside of the rest of humanity and they will not do any harm for that reason they are tolerated but they are not man all they are is a perfected man in one little direction and in that sense it is comparable to a fakir or a monk or a yogi who only become perfected in one different direction of their senses and never it is complete a black sheep a obyvatel of course he has to live long enough and many people at the present time of course cannot live long enough if there were enough possibility of living long enough to find out by rubbing up against nature to find out what is the value of my experience then gradually I would put a price on it and I will also reach with enough

ups and downs suffering and not suffering what is the reality of what I then would call absolute value there is no question that that in that sense I could become conscious but it is not within my means of earth and not within my means of my life time-----if if ugh is it possible that things can be of intuition or let's use the word intuition I don't know too many other words like it can become into the mind or feeling-----all of a sudden a bolt of lightning from the sky can strike you it can be quite accidental that a man all of a sudden becomes effected like a shock which changes him it is a process that is also done in accordance with the rules of trying to become objective and Working when that what is now the idea of the introduction of objectivity functions as a catalyst it shortens the process within reason so that a man in his life time could become conscious when he has a shock of that kind that hits him and hits him deep he can then immediately be changed because of the tremendous ammount of energy that is given to him but you see this comes from the outside and it is an accidental process to what extent a man can be made ready by his own philosophy to receive that it depends a great deal what his relation is towards God if he actually wishes and is ready to devote all his time and lose his life I think that God would smile on him and maybe he would die because those that are loved by the Gods sometimes they die very young but you see then he's not man on earth any more he belongs to another sphere and probably Works there for an obyvateh he has to stay on earth he becomes a narrow man but within this narrowness he's perfect an all around man has to be there for the harmony if he only knows one little thing it's never harmonious the tone in itself is not the harmony that is meant it is the combination of a variety of tones which cacaphonically or melodiously will connect with each other and help each other's vibrations when that is there and something is produced of course it's much more powerful than one note

an obyvatel is one note it can be extremely pure and it also can have even within that an over-tone but it is never the music of the spheres be careful about old associations I would almost say throw it away start completely from scratch and find out if you know that what is meant by trying to become objective in the real sense, and real work and () and don't be bothered by the thoughts which already will tell you that you do know or that it is very similar to something it is not similar to anything it is entirely new the question of objectivity is absolutely new nothing is taking place in ordinary life that even can be compared to it but if I can place it and then understand it in principle then with that kind of a basis it would be possible to apply a great deal of information that one has already in an unconscious state by being able to convert it for the purposes as I said before of having the roots touching and extract from it whatever is food for a higher level of being -----thank you-----so-----Mr. NYland when I pray I get myself into an emotional state which eh gives me quite a bit of energy to work with now from what you just said I am wondering whether this energy is useful for me or not because it is not objective in the sense we're talking of-----I think it can be made useful Frank because in that kind of an emotional state living you might say on that kind of a level one has a little bit more a better viewpoint of what one is oneself the closer I come in an emotional state to the possibility of unity with God the more chance there is that I will at times be on that side and then look back and see myself for what I am the only difficulty is that in an emotional state many times I don't think I just yield or I feel and it is sufficient for me because this intuition is really quite satisfactory to me because it gives me an equilibrium or a peace of heart in order to make it useful I have to dare to look back from where I came from for that I need a little bit

intellect to start to distinguish between one or the other and not take it almost I would say equally as an emotional state in general now I say if I get closer to God and in that way then return and look at myself sometimes I say even in an emotional state I'm a sinner there has to be then that kind of discrimination that I know what I really am and I can only see that from the standpoint a little bit away from myself when I truly or honestly will want to confess that there is a great deal still wrong with me so you see it can be in that way converted to aid to help me for further knowledge about myself-----the type of prayer I use usually accentuates my being and I usually thank God for being and I ask for guidance and for strength and as this emotional energy that I gain from it I try to use during the day it gives me a certain thirst with which to work-----I think it is right I think it is very good how much you will get out of it for yourself as soon as you have the feeling even that it gives you inspiration during the day it also will mean that when you ask for strength that you know you are dependent on that what could be given to you and that for that reason in prayer you wish to be open enough so that if as one says God is willing or God smiles or if God recognizes me that I am then in a state which is acceptable to God so you see I have to loosen up a great deal of what I am I cannot go there and almost demand that God is looking, allowing me to be there I have to be sufficiently meek to know that He will help me if I am in the right state of mind or heart to be helped and the more I can consider myself as if nothing in His presence the more I will be acceptable material because I would become pliable when I crystalize and I come like that to God I don't that think God will listen to me but that when I honestly mean that I need His strength

I know that I am weak and it is honest honesty counts and honesty in an emotional state is a tremendous force because that will make one go in certain directions remaining honest with emotion forces one to be regardless

of what anyone else might think or say this is really the honesty of one's conviction if that is there it can be a guide for (one's own life to be what one wants to be?) and nobody () I almost would say the whole world will be able to take it away-----thank you Mr. Nyland-----So will we leave it at that and you go home now and tomorrow there is a day and perhaps you think about the day tomorrow what it will be tonight and you exclude if you possibly can ordinary affairs I hope they're not too pressing and that even when you are in bed and there you are nothing else but a little unit really not much to talk about still functioning because you have the strength for yourself that you know you're human and how will you be then tomorrow and what will guide you and if you then could fall asleep with a prayer of hoping then that tomorrow morning you will wake up not only in full strength but with the conviction that Work has to be done in some way or other and that almost I would say unless you do it no one else is going to do it for you that that responsibility rests on you then I would almost say that a miracle can happen tomorrow if you prepare for it today the level of one's life where is it if you allow it it will go down you know it will not stay at a certain level you have to prop it up you have to support it you have to build it like a scaffold you have to put a floor on it it is resting on (perils) maybe and then you have to invent something by which that what you have built can actually be propelled as if you could make out of that what you at the present are a helicopter going towards the sun with propelling machinery which you set in motion because you Work as if the picture is that you constantly turn the wheel hoping then that it will have enough velocity finally to lift you up through the air and to free yourself as if you then could fly or at least that you could leave the earth for whatever it is the picture if you wish it and you can of course when you think about it in the morning and not too many other things have already taken place that caught you that there are some moments

of that kind of quietness with a real wish even for one minute that in the concentration of that wish you wish then you can because you don't wish for the impossible but that what is possible has to be made possible because all of you wishes that unity will give you the chance to extricate yourself from all bondage of earth, I'll see you next week, good night.